**Graduation Matters Missoula Student Wellness Subcommittee**

**Physical Activity Team**

**Guiding Question:**

How do we work with students, staff, parents, and community members to identify and implement strategies that will significantly improve the physical and mental health of students so that we may ensure 100% graduation for all students, regardless of circumstances?

**Long term target:**

Enhance Student Wellness – work with students, staff, parents and community members to identify and implement strategies that will significantly improve the physical and mental health of students.

Work on both policy and curricular recommendations in the following subcategories: Nutrition, Physical Activity, Personal Health, Mental Health, and Healthy Decision Making.

The GMM Student Wellness Subcommittee has expanded the work of the group to include more participation among community members.

**Physical Activity Team**

**Who is involved?**

Steve Gaskill ( U of M) (point person), Lisa Beczkiewicz (Let’s Move! Missoula) (point person), Tucker Miller ( U of M), Keri McHugh (YMCA), Ryan Yearous (Parks and Rec.), Miriam Richmond (parent), Logan Becker (student), Jim Conkle ( parent), Amanda Andrews (American Heart Assoc.) PE teachers in MCPS and any other interested staff members.

**Long term goal:**

To increase all students’ physical activity levels to include 50 minutes of moderate – vigorous activity per school day through active transportation, zero hour school activities, during school classroom instruction, active recess and after school activities.

**Short term goals:**

2014 – 2015: Increase physical activity by 10 minutes a day

2015 - 2016: Increase physical activity by 25 minutes a day

2016 – 2017: Increase physical activity by 35 minutes a day

2017 – 2018: Increase physical activity by 50 minutes a day.

**Spring/Summer 2014 Action Plan:**

**March:** Meet with Physical Activity Team and collect *Physical Activity Inventory Worksheets* from MCPS schools.

**April - June** Attend a MBI meet at each MCPS school to complete/discuss the Physical Activity Inventory Worksheet.

**Summer:** Summarize the Physical Activity Inventory Worksheets and prioritize PA goals and resources. Search for funding in the appropriate areas.